

TO BURN OFF THE CALORIES FROM SUGAR IN A 20-OUNCE SPORTS DRINK, YOU MAY BE IN FOR MORE OF A WORKOUT THAN YOU PLANNED.

36
TIMES

Covered all your bases?

Made a 100-yard touchdown?

44
TIMES

Grabbed a defensive rebound and taken the ball end-to-end?

150
TIMES



IT CAN TAKE WALKING TWO AND A HALF MILES FOR A PERSON TO BURN OFF 130 CALORIES. That means walking the baseball bases 36 times or the length of a football or soccer field 44 times. It's 150 times down the length of a basketball court.
#notworthit #drinkwater

This calorie calculation is based on a 120-pound person walking a 20 minute mile. Numbers of calories burned vary by individual and the type of activity. And, by the way, keep moving and consume less sugar, and you will feel better. You're pretty great the way you are, too. Just sayin'.

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